

# North Hennepin Community College

## EXSC 1750: Yoga

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The focus of yoga will be on the physical dimension. We will stress exercise, movements, and poses which will enhance overall mobility, flexibility, balance, and muscle training. Yoga will train used, underused, and opposing muscles which may improve one's physical quality of life. Yoga instruction will introduce the mental aspect as well. We will begin to develop, practice, and train the relationship between mind and body in order to improve the body's mental and physical communication. This course can be repeated for credit.

**B. COURSE EFFECTIVE DATES:** 08/01/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Course content will include student participation in full activity throughout the duration of each yoga class, yoga postures, breathing techniques for effective yoga, and creating connections between mind and body.

### D. LEARNING OUTCOMES (General)

1. Learn, practice, and improve on various movements and poses of yoga. (MnTC Goal 2, comp. a; Dept. Goal 2a) ELOs 1, 2
2. Begin to find, then unite and practice a healthy balance of the body with the mind. (MnTC Goal 2, comp. c, PE Goal 2c, 3b) ELOs 2, 3
3. Begin to develop the powers of concentration in order to achieve mental focus and increased awareness while striving to control confusion and stress. (MnTC Goal 2, comp. c, PE Gpal 2c) ELOs 2, 3
4. Attempt to achieve a state of perceived calm and relaxation. (Dept. Goal 2c)
5. Develop and increase muscular tone, strength, and endurance and increase flexibility, range of motion, and balance. (Dept. Goal 2d) ELOs 1, 3
6. Achieve cardiovascular, circulatory, and respiratory benefits. (Dept. Goals 2a) ELOs 1, 3
7. Articulate an appreciation for the impact of physical fitness/wellness on health. (MnTC Goal 2, PE Goal 2a) ELOs 2, 3

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.